

Chicken Saltimbocca

Cooking Instructions

This dish has 2 parts: Chicken and Sauce.

QuickThaw: QuickThaw chicken and sauce by submerging well-sealed containers in water for 10–15 minutes.

Cooking Method: QuickThaw/Sauté

Chicken: In a skillet over medium-low heat, add 2 tablespoons oil. Sauté chicken breasts, prosciutto-side up, for approximately 5 minutes. Turn and continue sautéing approximately 2–5 minutes more, until internal temp reaches 165°F. Actual time will depend on cutlet thickness. Remove cooked chicken from pan and set aside.

Sauce: Deglaze pan by adding 1/4 cup water and sauce to skillet. Reduce heat and simmer, stirring until sauce thickens slightly, about 1–2 minutes. If sauce seems too dry, stir in a little water while simmering.

Finish: Spoon sauce over chicken.

Internal temp: 165°F.

Serving Suggestions: Serve with parmesan risotto and fresh steamed green beans. Pinot Grigio.

Please Note: Cooking times are estimates and vary based on your actual stovetop, pan, equipment, item thickness, and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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